



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEEL THE BURN, NOT THE PAIN

Low Impact SCHUYLKILL YMCA

Low impact doesn't have to mean low intensity! This is a fat-burning workout that keeps one foot on the ground at all times.

- Register at front desk or by phone
- FREE for members; \$5 for non-members

WHEN: Thursday
TIME: 5:30 to 6:30 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

